

Going Strong: Peek-a-Boo Push-ups

Description

I am always trying to figure out ways to fit in exercise should the time come when I can't actually do as laid out in my current routine. With Avery, this happens more often than before, and it can just be difficult when you're a tired parent to baby.

Being my stubborn self, I will be sure to find a way to work something in for the day. And hey, when there's a will there's a way; right?

That said, I wanted to share a pretty simple, but fun way to get some exercise and entertain your kid or kids. We all know the game Peek-a-Boo where we cover our face, ask "Where is (insert name or daddy/mommy)", and then uncover our face saying "Here I am".

Sure, it's fun for the kid (usually), and us parents/friends/relatives love to see their smiling faces. But, why not try to make it more fun for the both of you and get a little exercise to boot? Enter "Peek-a-Boo Pushups".

The thought just came to me today, and although I'm sure it's not hard to figure out what to do, I made a little video to demonstrate with Avery!

[youtube <https://www.youtube.com/watch?v=DBZ6KZ5WgMc?rel=0&w=420&h=315>]

Yeah, I'm great at cutting my head off, huh? I could say I planned it like that, but I'd be lying. Hey, at least you get to see the cute baby. Avery is still not too sure about peek-a-boo, so hopefully her lack of enthusiasm will change as she ages.

Doing just push ups may not seem like much to some of you, but at least it's *something*, and that's better than nothing. Plus, with a little creativity, you can put together a good routine to work your whole body.

Try making it a great learning and playing time for your child, and a full body workout for you by doing burpees, lunges, push ups, and thrusters together.

Here's a sample routine that includes [burpees and baby thrusters as I demonstrated in videos from a past post](#).

Do 3 – 5 rounds (however many your kid will allow) of:

- Burpees x 10 – counting out loud to teach numbers
- Lunges x 10/leg – while holding your kid or having them watch
- Peek-a-Boo Push ups x to failure or however long your kid keeps interest
- Baby Thrusters x 10

There, by counting your reps you can teach your kid numbers and how to count, and playing peek-a-boo provides entertainment. I get this a very dependent on your kid being cooperative, but I am sure most will get a kick out of this. Plus, theyâ€™ll see their parents being active which will hopefully wear off on them!

Would you be willing to give this a try? Let me know your thoughts if you do or donâ€™t do it, Iâ€™d love to hear results!

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